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JUICY J'S CHART HUSTLE

RAPPER CALLS COLLABORATORS
KATY PERRY, MILEY CYRUS
GENIUSES; EXPLAINS WHY HE
RUNS HIS OWN SHOW **PAGE 11**



\$6.5M will buy a lotta weed

Pair sue feds for decades worth of
medical marijuana after changes to
program **PAGE 3**

Money doesn't grow in jars

Sure, it can make your spending
seem more concrete, but what you
really need to do is make a budget
PAGE 14

NO HAIR BANDS

LIVE 88.5fm

SAID THE RAVENS: BETTER SCORE



The Carleton Ravens celebrate after winning their 10th Canadian Interuniversity Sport championship Sunday after knocking off their city rivals, the Ottawa Gee-Gees, 79-67. For more, see page 4. TREVOR GREENWAY/METRO

College won't give student with ADHD a course redo

Algonquin. Extra time
wouldn't help student
with out-of-class
assignments: Official

TANYA
KIRNISHNI
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An ADHD diagnosis may have come too late to keep a second year Algonquin College student from being removed from his interior design program.

Hazem Abu Alteen, a

second year international student told Metro he was diagnosed with attention deficit hyperactivity disorder (ADHD) Jan. 6 and needs special accommodations to deal with it. But, he says school officials won't do it because he signed an academic probation contract before the diagnosis was ever made.

"It's in the family," said Abu Alteen, explaining he decided to visit a doctor after some cousins were diagnosed with ADHD. He got approval for accommodations from Algon-

quin's Centre for Students with Disabilities (CSD) which included extra time on in-class assignments and exams, being able to leave class when necessary, and having prepared notes.

On Jan. 23 Abuteen asked the Academic Appeal Committee (AAC) to reconsider his withdrawal from the interior design program because of a course he had failed in the previous semester.

"I couldn't meet my academic obligations for this course due to an undiagnosed medical condition which led

me to fall behind at the end of the term," wrote Abu Alteen. He argued that the accommodations entitled him to extra time for schoolwork and he wanted to redo the course.

When he went to the faculty with his forms he said he was told the documents weren't enough. "The integrity of my medical condition was questioned," said Abu Alteen.

The AAC denied the appeal, stating accommodations would only have applied to in-class work. Peter Larock, chair of Interior Design, said in a

statement to the AAC that Abu Alteen's failing grade came in a course in which assignments were completed outside of class.

The AAC told Abu Alteen he had not met the conditions outlined in his learning contract.

In 2012, Abu Alteen signed a contract for probationary status after his father fell ill, distracting him from school. The contract stipulated he must "complete all assignments by the respective due dates and within the allotted

time." Abu Alteen said he was told that because of the contract they couldn't give him special accommodations.

Abu Alteen said he feels bullied and stigmatized, making him shy about his disability.

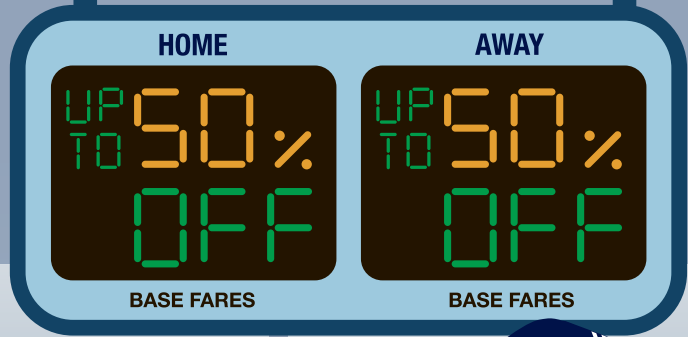
"I'm starting to feel like I don't want to go back to the college," Abu Alteen said. "I just don't want to be discriminated against."

Zsuzsa Grandpierre of the CSD and the college's dean for the Faculty of Arts, Russell Mills, have declined to comment on Abu Alteen's case.

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82-year-old killed

OPP probe blaze

The OPP are looking into a fatal condominium fire in Rockland that appears to have killed an 82-year-old man.

OPP say they arrived on scene at 5:49 am on March 9th at 2925 Laurier Street, Unit 304, where they found the body of Paul-Emile Simard, 82 years old, who was a resident. Simard's spouse suffered minor injuries from the fire and was transported to a hospital. The rest of the condo complex was undamaged and people are free to return to their residences, police said.

The Office of the Fire Marshall and OPP are investigating the fire but the origin is not believed to be of criminal nature. Anyone with information is asked to call Const. Joe Barbe at 613-446-5124 or Crime Stoppers at 1-888-222-TIPS.

TANYA KIRNISHNI/FOR METRO

45 patients treated

Kids hurt in pool chlorine scare

Paramedics treated about 45 patients, most of whom were children, for vomiting and severe respiratory distress Friday night.

The Ottawa Paramedic Service Communications Centre responded to a call at 7:46 p.m. on March 8 from the Travel Lodge on 1376 Carling Avenue.

It is believed that the children may have been suffering from chlorine inhalation or were possibly exposed to some form of abrasive contaminant in the pool.

All patients were in stable condition upon arrival at the hospital.

TANYA KIRNISHNI/FOR METRO



Russell Barth and his wife, Christine Lowe, are suing the federal government for \$6.5 million so they can afford to use pot as medicine when Health Canada changes the rules to its Marijuana Medical Access Regulations program. CONTRIBUTED

Couple suing feds for \$6.5M worth of weed

Medical marijuana. With prices expected to skyrocket under new rules, an Ottawa man and his wife want the government to cover them for 40 years worth

An Ottawa couple who uses medical marijuana is suing the federal government for a combined \$6.5 million, a projected figure of what it will cost them to stay medicated for the next 40 years when Health Canada changes the rules to its Marijuana Medical Access Regulations program.

Russell Barth says he consumes about 11 to 12 grams of pot every day (he says he has a prescription for 16 grams per day) for pain management related to his fibromyalgia symptoms as well as post-traumatic stress. Barth and his wife, Christine Lowe, who suffers from epilepsy, say they have a designated grower, an arrangement they say allows them to stay medicated for far less than it will cost under the new rules.

While he did not disclose how much he spends a year, he said a friend of his grew a year's worth of marijuana in a single summer at a cost of \$500.

When Health Canada changes come into effect at the end of the month, Barth and his

wife won't be able to afford the up to \$15 per gram they will be forced to pay from commercial growers. The changes will also force Barth to destroy all the stocked-up pot he already has — about 78 plants and 3.5 kilograms of dried marijuana that he says is worth over \$130,000.

The couple's statement of claim gives the Feds three options: Remove cannabis from the Controlled Drugs and Substance Act (CDSA); grant him and his wife a blanket exemption from the CDSA under its section 56, or pay the couple the money so they can afford to medicate themselves in the future.

Ideally, Barth wants marijuana to be legal for everyone.

He sees a market of cheap or free pot under those circumstances.

"Pot should be sold in supermarkets," said Barth. "Pot should be as legal as coffee and chocolate, not tobacco and alcohol."

The new rules, which come into effect March 31, 2014, will no longer allow medical marijuana patients to grow their own pot or use designated growers. Instead, patients will have to buy from licensed large-scale producers and that doesn't sit well with Barth.

"It's absolutely terrifying," he told Metro Sunday. "Everyday I feel like I am wrestling with a robot."

TREVOR GREENWAY/METRO

1 NEWS

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The University of Ottawa Gee-Gees' Michael L'Africain goes up against the Carleton Ravens' Kevin Churchill at the Canadian Interuniversity Sport Basketball Final 8 gold-medal game in Ottawa on Sunday. The Ravens defeated the Gee-Gees 79-67 to win their fourth consecutive national championship. JUSTIN TANG/THE CANADIAN PRESS

Ravens win 10th title in varsity basketball

CIS finals. Carleton defeats University of Ottawa Gee-Gees 79-67 to earn their fourth consecutive national championship



TREVOR GREENWAY
trevor.greenway@metronews.ca

The Carleton Ravens won their 10th Canadian varsity basketball title in a thrilling 79-67 victory over their bitter rivals the Ottawa Gee-Gees on Sunday.

Brothers Thomas and Philip Scrubb combined efforts for 36 points for the Ravens in the Canadian Interuniversity Sport (CIS) final with Thomas netting three shots from downtown.

His brother also sunk two baskets from beyond the three-point line.

The brothers were all smiles at the final buzzer, especially after the team lost to the Gee-Gees last weekend at the Ontario University Athletics Wilson Cup — the first time the Ravens have fallen to their city rivals in seven years.

"It's a great feeling right now," said Philip Scrubb, still out of breath. "We had a little extra motivation last week, after the loss, so this one feels pretty great."

Ravens forward Tyson Hinz netted 30 points in the CIS gold-medal game. Hinz sunk 10 out of 15 field goals, while he was nearly perfect from the foul line, netting nine of 11 free-throw attempts.

Ravens head coach Dave Smart said his team didn't

make too many adjustments following last weekend's loss; they tightened up defence and played their game. "You still have to do what you do," he told reporters.

"We just tried to change how we approached the defensive end in terms of intensity and in terms of staying intense for 40 minutes instead of doing it in spurts."

He was modest when talking about Carleton's 10th championship in 12 years, but said he was happy for guys like Kevin Churchill, who just played his final game with the Ravens as a graduating player.

"These guys are special kids," added Smart. "It's been a long year. You guys see wins and losses, but there have been a lot of ups and downs for me personally, for them as a team, for them as a group."

Safety concerns

NCC announces temporary closure of Rideau Canal Skateway

The National Capital Commission announced it would close the Rideau Canal to skating as of midnight Sunday as a result of safety concerns following warmer weather.

"Higher temperatures and long hours of intense sunshine have deteriorated the ice surface to the point that the NCC's Rideau Canal Skateway team considers it hazardous for skaters," a news release said.

The NCC said its work crews would remain on standby to reopen the skateway if weather permits. **METRO**

Ottawa. Police officer charged with domestic assault, gun offence

An Ottawa police officer has been charged with assault and careless storage of a firearm, but police aren't releasing the officer's name, claiming it will protect the privacy of the victim.

According to a news release, the charges stem from an incident police allege happened on Saturday morning.

"The careless storage of a firearm relates to an unloaded service issued firearm that was not stored properly," the news release says. It does not provide any detail concerning the assault charge.

"The OPS will not release the name of the officer in

order to protect the victim's privacy as this relates to a domestic matter," the news release says, adding the professional standards section of the force is also investigating the incident and charges may be laid under the Police Services Act.

"This matter is before the courts and it is important that we respect due process," Police Chief Charles Bordeleau was quoted as saying in the news release.

"The Ottawa Police Service expects the conduct of all officers to be of the highest standard and reflective of the values of our community."

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Feed the deed: Ottawa man's response to drinking game

University of Ottawa.
Med student's online
campaign nets
10,000 do-gooders

**TANYA
KIRNISHNI**
ottawa@metronews.ca

An online binge drinking game seems to have caused a viral kindness backlash movement.

Inspired by a South African's video challenging people to "pay it forward," rather than participating in the "Neknominate" drinking game, Josh Stern, a second year medical student at the University of Ottawa, created Feed the Deed to counteract Neknominate. Instead of posting videos of binge drinking, Feed the Deed encourages people to pass on good deeds.

Stern wanted to do something similar in Canada to South African Brent Lindeque, who gave food to a homeless man for his Neknominate challenge.

"It was amazing to see how one guy can take such a negative thing and turn it into something positive," said Stern.

On Feb. 3 Stern posted his own good deed to Facebook, giving sandwiches to some people he had met before at the Union Mission while walking to class and then challenging his friends to do the same.

"Immediately there was all this positive feedback," said Stern. Collaborating with his friend Russell Citron's foundation Kindness Counts, the movement has quickly become an international phenomenon. "We've received videos from over 25 countries — I think there are about 10,000 videos circulating right now," says Stern.

Looking beyond the initial excitement of Feed the Deed Stern wants to make it something permanent. Inspired by initiatives like Movember, Stern says, "We were thinking of turning it into a monthly campaign." They are considering February to go along with February's Random Act of Kindness Week.

When Stern came up with the idea, he was looking for something catchy and Feed the Deed fit the bill. "The deed is being nourished," explains Stern. "It doesn't matter how big the deed is because the kindness is how you interpret it."



Josh Stern says he was inspired to start Feed the Deed after seeing South African Brent Lindeque's response to a Neknominate challenge. CONTRIBUTED

Rideau Street

Pedestrian hit by SUV

A 30-year-old Ottawa man is in serious condition after being struck by an SUV on Rideau Street just after 3 a.m. Friday. He was still unconscious when he arrived at hospital, but regained consciousness around 7 a.m. this morning. Ottawa police are investigating the accident. **METRO**

Campaign

Police charge dozens for drugs

Ottawa police have charged 28 people after a week-long drug enforcement campaign that saw them seize crack cocaine, prescription pills and marijuana.

Prompted by complaints from local businesses and residents on George Street, police

began investigating drug activity in the area between Feb. 24 and March 31 and laid 91 offenses against the 28 people.

The street value of the drugs is estimated at \$5,000. Fifteen people are in police custody, while cops are seeking the remaining 13. Four of the individuals charged are young offenders.

METRO

Impaired driving

Ottawa cop charged with DUI

An Ottawa police officer has been charged with impaired driving. Sgt. Mark Barclay was arrested March 7 after his blood alcohol level measured more than .08 g of alcohol in 100 ml of blood. Barclay has been assigned to administrative duties.

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Former head of Quebecor to run for PQ in provincial election



Pierre Karl Peladeau gestures during a press conference in Saint-Jérôme, Que., Sunday, announcing him as a Parti Québécois candidate for that riding. GRAHAM HUGHES/THE CANADIAN PRESS

Separatist goals?

Pierre Karl Peladeau, who said his dream is to help Quebec become a country, to run for a seat in Saint-Jérôme

Media baron Pierre Karl Peladeau shook up the Quebec election campaign on Sunday, announcing he's decided to run for the Parti Québécois.

Flanked by PQ Leader Pauline Marois, Peladeau told a news conference he's worked to build up media giant Quebecor over the past 25 years and now wants to devote himself to public service.

He said his dream is to help Quebec become a country.

"Quebec has all the

means to succeed. We have financial resources, we have human resources," Peladeau said in Saint-Jérôme, north of Montreal, where he will run for a seat in the April 7 election.

"We've got everything (we need) for a country to be alive and kicking."

Peladeau rejected suggestions his entry into politics could represent a conflict of interest, given his powerful presence in the province's media landscape.

He was, until recently, head of Quebecor Media Inc., which controls the tabloid newspaper Journal de Montreal and the French-language TVA television network.

The conglomerate also owns the Sun tabloids and the Sun News Network in English Canada.

THE CANADIAN PRESS

Values charter

Nebraska has a similar law? That's news to them

Nebraskans are surprised to hear they have come up in a Canadian political debate. Tell folks here that the Parti Québécois cites Nebraska's law on religious clothing as a precedent, and prepare for puzzled stares.

"It is what is called a dead-letter law," legislator Ernie Chambers said about the nearly 100-year-old law. "Meaning, it's there but it's never enforced."

THE CANADIAN PRESS



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Lev Tahor. Police say 9 members of fringe Jewish sect are back in Canada

Police say nine members of a fringe Jewish sect who left the country amid child custody proceedings only to be stopped in Trinidad and Tobago have now been returned to Canada.

Peel Police Sgt. Dave Housdon says the Lev Tahor members landed at Toronto's Pearson International Airport Saturday at 10:30 p.m. and the six children were placed in the care of the Children's Aid Society.

Housdon said the three adults were being processed by the Canada Border Services Agency.

A spokeswoman for the agency said CBSA "continues to work closely with local law enforcement agencies on this case," but wouldn't say whether the three had been released.

At least two Lev Tahor families left Canada for Guatemala last week, but some of them were stopped in Trinidad.

They filed an appeal against the decision denying them entry but it was rejected because it was made outside the allowable time frame, Trinidad and Tobago

Attorney General Anand Ramlogan said Sunday.

He said that decision came after he advised immigration officials on the statutory time limits for appeals.

Early last week, an Ontario judge issued an emergency order that 14 Lev Tahor children be placed in the care of children's aid but police said Thursday that most of the children had left the country.

About 200 members of the sect — 114 of them children — settled in Chatham, Ont., last year after suddenly uprooting from Ste-Agathe-des-Monts, Que.

Child-welfare authorities in Quebec spent a year investigating issues related to hygiene, health, and allegations that the children weren't learning according to the provincial curriculum.

Late last year, a Quebec court ordered that 14 Lev Tahor children be placed in foster care.

The group has denied all allegations of mistreatment.

THE CANADIAN PRESS

California

Stage collapse causes many minor injuries

A stage at a California high school collapsed during an event and 30 to 40 people were rushed to hospitals with mainly minor injuries, authorities said.

Police, firefighters and medics responded Saturday after the stage gave way at Servite High School, according to the Anaheim Fire Department.

THE ASSOCIATED PRESS

Blarney Blowout

Over 70 arrested at St. Patrick's Day celebration

A pre-St. Patrick's Day celebration near the flagship campus of the University of Massachusetts spiralled out of control, pitting police in riot gear against thousands of drunken and unruly revellers at the annual Blarney Blowout.

More than 70 people were arrested and four officers were injured.

THE ASSOCIATED PRESS

Halifax baby's miraculous recovery

'It's a miracle.' Newborn starts breathing again after being declared legally dead



RUTH DAVENPORT
Metro in Halifax

Robin Cyr's fourth child already

packed a lifetime's worth of emotional turmoil into her first 28 minutes in the world.

Cyr, 34, was told her baby girl died just after being born in the IWK Health Centre in Halifax around 3 a.m. Saturday.

But shortly after getting the devastating news, a stuttering, breathless nurse rushed back into the room to say the baby had started breathing again.

The big baby girl, who

weighed nine pounds 14 ounces, got wedged in the birth canal during the delivery. Once she was born, Cyr lay on the bed waiting for 25 minutes for any signs of life.

"My aunt looked at me and said, 'Your baby girl's gone,'" she said, adding the baby's body was taken out of the room after being declared dead. "Another nurse came over, two minutes later ... she couldn't talk. She

was speechless, and another nurse came over and said, 'Your baby's breathing.'"

A flummoxed surgeon told Cyr's family that he had no explanation for the seemingly impossible recovery. The baby is now breathing on her own in the neonatal ICU.

A review is underway to determine what, if any, explanation there may be for the baby's apparent resurrection.



Robin Cyr visits with her newborn baby girl. JEFF HARPER/METRO

New York City

Protest against proposed draft for ultra-Orthodox

Thousands of ultra-Orthodox Jews filled the streets in lower Manhattan on Sunday to protest Israel's proposal to draft strictly religious citizens into its army.

The gathering took up a stretch of 10 blocks, with dark-clothed demonstrators standing behind police barricades amid tight security. Organizers kept to tradition, with men and women in separate groups as they are at religious events.

Sunday's prayer event brought together a community of New York's most Orthodox Jews, based in Brooklyn and in the town of Kiryas Joel in Orange County, north of the city.

A week ago, hundreds of thousands of ultra-Orthodox Jews rallied in the streets of Jerusalem, blocking roads and paralyzing the city in a massive show of force against plans to require them to serve in the Israeli military.

The widespread opposition to the draft poses a challenge to the country, which is grappling with a cultural war over the place of the ultra-Orthodox in Israeli society.

THE ASSOCIATED PRESS

Interception. Israel says ship had 40 rockets, blames Iran for plot

Israel's military said Sunday that a cargo ship it intercepted in the Red Sea last week carried 40 rockets with a range of up to 160 kilometres.

Israel has alleged the shipment was orchestrated by Iran and was intended for Islamic militants in Gaza, a claim denied by Iran and the rockets' purported recipients.

An Egyptian security official said Sunday the rockets also might have been intended for militants in Egypt's Sinai Peninsula, which borders Gaza. The official spoke on condition of anonymity because he was not allowed to brief reporters.

Neither Israel nor Egypt provided evidence for their claims. Questions remain, including how the rockets would have been smuggled into Gaza, largely cut off from the world by a border blockade.

Israel's government has used the interception to bolster claims that Iran remains dangerous and that the world powers should break off negotiations with Tehran over the country's nuclear program.

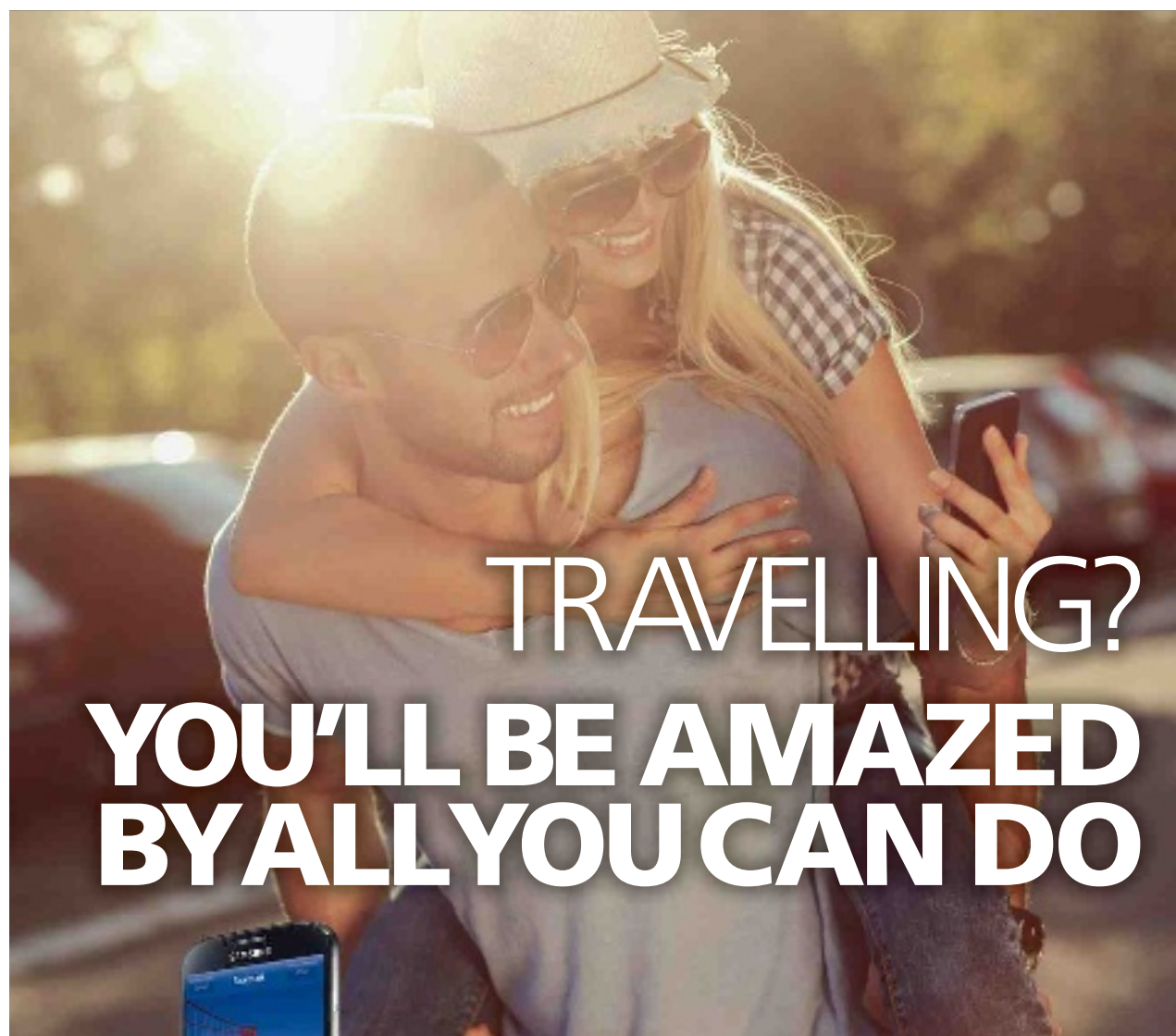


An Israeli soldier covers boxes from a shipment that the military intercepted last week.

ARIEL SCHALIT/THE ASSOCIATED PRESS

Gaza's ruling Hamas and the smaller group Islamic Jihad already possess thousands of rockets, though apparently with a shorter range. During eight days of fighting in 2012, armed groups from Gaza fired 1,500 rockets into Israel, including several that reached the outskirts of Jerusalem and Tel Aviv.

Iran, as well as Hamas and Islamic Jihad, have denied any involvement with the shipment. THE ASSOCIATED PRESS



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Syria. Bomb kills Toronto freelance photojournalist

A Canadian freelance photographer was killed in the northern Syrian city of Aleppo on Sunday, his sister and activists said, the latest journalist to be killed covering a brutal war that has become the deadliest place in the world for them to operate.

Ali Mustafa died along with seven others when government aircraft dropped crude bombs and one exploded where he was standing with firefighters in the



Ali Mustafa
TWITTER

rebel-held Hadariyeh area of Aleppo city, said an activist who identifies himself as Abu al-Hasan Marea.

Mustafa's sister, Justina Rosa Botelho, confirmed her 29-year-old brother's death after activists sent her a

photograph of his corpse. Mustafa was born in Toronto, the son of Pakistani and Portuguese immigrant parents.

THE ASSOCIATED PRESS

Referendum

Separatist vote in Crimea March 16

Russian President Vladimir Putin on Sunday defended the separatist drive in the disputed Crimean Peninsula as keeping with international law, but Ukraine's prime minister vowed not to relinquish "a

single centimetre" of his country's territory.

Over the weekend, the Kremlin beefed up its military presence in Crimea, a part of Ukraine since 1954, and pro-Russia forces keep pushing for a vote in favour of reunification with Moscow in a referendum the local parliament has scheduled for next Sunday.

THE ASSOCIATED PRESS

Few countries use stolen documents database



A relative of passengers on the missing Malaysia Airlines jet cries in a hotel in Beijing, China, on Sunday. ANDY WONG/THE ASSOCIATED PRESS

Malaysia Airlines.

Interpol has sounded an alarm on this for years; it has 40 million stolen or lost travel documents on file

Interpol knew about stolen passports that two passengers used to board an ill-fated Malaysia Airlines flight bound for China, but no country checked the police agency's vast database on stolen documents beforehand, it said Sunday. Interpol said it hopes authorities will "learn from the tragedy."

It's not known whether stolen passports had anything to do with Saturday's disappearance of the Boeing 777 bound from Kuala Lumpur, Malaysia, to Beijing with 239 people on board. But such oversights aren't new. Last year, passengers boarded

Mystery of flight MH370

Vietnamese authorities searching waters for the missing Boeing 777 jetliner spotted an object Sunday that they suspected was one of the plane's doors as international intelligence agencies joined the investigation into two passengers who boarded with stolen passports.

- The jet lost contact with controllers between Malaysia and Vietnam.

planes over a billion times without their passports being checked against Interpol's database of 40 million stolen or lost travel documents, said the organization.

Interpol just last month said that "only a handful of countries" regularly use its stolen or lost documents database.

THE ASSOCIATED PRESS

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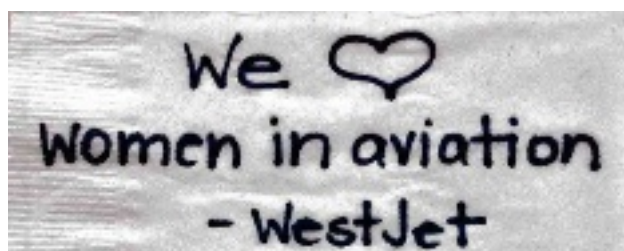
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Sexism. WestJet writes its own love note to women



WestJet wrote their own note supporting female pilots. YOUTUBE.COM

There's plenty of room for women in the cockpit, the air-traffic control centre, even on the airport tarmac.

That's the message behind a new video produced by Calgary-based WestJet that aims to fuel positive discussion in the wake of a sexist note written by a passenger targeting one of the airline's experienced female pilots.

While aboard a Calgary to Victoria flight, "David" wrote that the cockpit of an airplane is "no place for a woman," and asked the airline to inform him next time a female pilot was at the helm so he could book another flight.

But the pilot who claimed

she was targeted by the note, 17-year aviation veteran Carey Steacy, fired back on Facebook.

WestJet was quick to condemn the passenger's remarks and later created a video showcasing women in various roles of the aviation world — Steacy herself even makes a cameo.

WestJet spokesperson Robert Palmer said the video aims to turn the discussion away from the sexist note to "something more positive."

"The message is that not only do women belong, we need more of them in aviation and here are some of the roles women are currently performing."

JEREMY NOLAIS/METRO IN CALGARY

Bank of Mom and Dad must bone up on RESPs



Sending your kid to lectures like this isn't cheap. THE ASSOCIATED PRESS FILE



HOW TO ROLL
Alison Griffiths
metronews.ca

Rachel Canning, an 18-year-old from New Jersey, has just lost the first round in a lawsuit against her parents over financial and educational support after they booted her from the family home, citing her bad behaviour.

But imagine if the disgruntled teen had sued them because poor investing decisions robbed her of the opportunity to attend university.

It seems ridiculous. On the other hand ...

An RESP (registered education savings plan) isn't a child's right. But once parents start one it behooves them to pay attention. Many kids contribute to their own RESPs with summer or part-time earnings, giving them an even bigger stake in the outcome.

An annual deposit of \$2,500

will attract the maximum Canada Education Savings Grant of \$500 yearly. Even if the money earns no interest, it will amount to \$57,000 after 18 years.

A modest, annually compounded return of three per cent would boost the bottom line to over \$76,000. That's a nice chunk of change.

Now suppose parents buy some really stinky investments and the education fund is eviscerated. Should they be held responsible?

Or what if parents put all the money into the stock market without the safety of cash or bonds? If it's early 2008, their offspring stand to lose 40 to 50 per cent of their education money in the September crash.

It would be interesting to see what a court would say if a child were to sue parents for financial neglect in either situation.

It might never happen, but the point is, you can't just contribute to an RESP and ignore it.



Protests ahead of Fukushima anniversary

Costumed protesters beat drum cans during an anti-nuclear plant demonstration in Tokyo on Sunday. Waving "Sayonara nukes" signs, thousands of people rallied in a Tokyo park and marched to Parliament to demand an end to nuclear power ahead of the third anniversary of the Fukushima disaster. The demonstration Sunday was one of many such protests that have erupted since the March 11, 2011, nuclear disaster, the worst since Chernobyl. JUNJI KUROKAWA/THE ASSOCIATED PRESS

Long time coming

Harper heads to South Korea to talk free trade

Prime Minister Stephen Harper departed Sunday for South Korea, where he is widely expected to complete another long round of free-

trade negotiations that his critics are denouncing as secretive and potentially bad for Canadian workers.

It wasn't known whether Harper planned to sign the final text of a free-trade deal with South Korea — a laborious, decade-long, on-again, off-again process — or was simply going to announce an agreement-in-principle in a

staged photo-op.

The deal would mark progress toward expanding trade with Asia, a major economic priority of the Harper government. The pact would allow Harper to trumpet his first significant free-trade deal in Asia, and give impetus to other negotiations, particularly with Japan.

THE CANADIAN PRESS

You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

CATALYST
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Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

To learn more, please contact:
613-725-2102 ext 224
www.yangmedicine.com

www.thecatallergystudy.com

LANSDOWNE IN LEGAL LOCKDOWN?

Complaining about Lansdowne Park is something of a tradition in the Glebe and environs. For decades, residents moved in next to the popular sports and concert venue, and then promptly started bellyaching about the noise and traffic congestion during events.

Sympathy from lower-priced parts of the city was sometimes limited. These problems, after all, came with the territory. But then the territory changed drastically.

As locals have seen their objections to the park's dramatic sole-sourced makeover steam-rolled at council and in court, endured extended hours of molar-rattling construction, and now fret about the coming deluge of shoppers, sports fans and moviegoers headed for their neighbourhood everyday of the week, it's hard not to feel for Lansdowne's neighbours.

The outlook for traffic and transit in the area remains troubled. The park is nowhere near the Transitway or the coming Confederation Line. Buses squeeze up an already congested Bank Street,



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

which grinds slowly during rush hours as it is. When Lansdowne reopens, it's evident that sending a few more #1 and #7 buses up and down Bank is just not going to cut it.

"We knew from the outset there would be no sweeping solutions, no subway to run up to Lansdowne, no LRT," Coun. David Chernushenko, whose ward includes Lansdowne, said at last week's meeting of the transportation committee. "It was going to have to be a solution of many small solutions." Among these small solutions, he recommends speeding up the construction of a pedestrian bridge across the canal between Fifth Avenue and Clegg Street better cycling routes, and restrictions on an already-tight supply of on-street parking.

The Glebe Community Association's Brian Mitchell proposed a couple of tweaks to address parking worries: closing Holmwood Avenue at Bank and guest parking permits for residents within three blocks of Lansdowne to assure them a share of on-street spots.

Legal staff, however, warned that tinkering with the parking supply runs the risk of violating the agreement the city signed with Ottawa Sports Entertainment Group. This seemed to be news to councillors on the committee, and that's also in keeping with an emergent Lansdowne tradition: discovering surprising conditions buried in the city's sweeping and labyrinthine deal with OSEG.

Back in 2010, not long before the parties signed, then-councillor Christine Leadman spotted a clause in the agreement which would have effectively handed OSEG a 30-year monopoly on all new stadiums and arenas in the city.

This shocking sweetener, once identified, got hastily removed, but it raised questions about the extent to which councillors understood — or had even read — the agreement.

When construction crews discovered extensive corrosion in the roof supports of the Civic Centre late last year, city officials were quick to declare that by the terms of the contract, the resulting \$17-million cost overrun was clearly OSEG's problem.

OSEG said they'd pick up the tab in the short term, but they didn't seem quite as certain the final billing is so clear-cut. The answer, they countered, might be found instead in the agreement's dispute resolution procedures. What other revelations await?

ZOOM

Injured in Afghanistan, scoring in Russia



JUSTIN SETTERFIELD/GETTY IMAGES

Canadian Forces veteran scores

Canada's Dominic Larocque celebrates scoring during an ice sledge hockey game between Canada and Norway on Sunday at the Paralympic Games in Sochi, Russia. Larocque was an accomplished athlete growing up — even playing junior-A hockey for a time — before joining the Canadian military's famed Van Doo regiment in 2005. **THE CANADIAN PRESS**

Reminded of fateful day every morning

Larocque has no memory of the moment that changed his life forever.

While serving with the Canadian Forces in Afghanistan, an armoured vehicle carrying the young corporal drove over an improvised explosive device. The devastating blast on Nov. 27, 2007, shattered Larocque's left leg and required an

amputation above the knee.

Although he has no recollection of that fateful day, he's still reminded of it each morning.

"Every time when I wake up I think about that," said Larocque, now 26. "I have no choice." His main focus upon returning from Afghanistan was getting back in shape, but he saw an even brighter future after watching Canada's sledge hockey team in action.

THE CANADIAN PRESS

Sledge hockey

4-0

A big body that likes to do the dirty work, Larocque has already shown some scoring touch at these Games, recording two goals in Canada's 10-1 victory over Sweden in Saturday's opener.

Larocque was at it again on Sunday, scoring the game's first goal in Canada's 4-0 victory over Norway. Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

WE ACT: CANADA DOES GOOD

Poetry behind bars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Nancy Van Styvendale, community-builder and educator

What: Inspired Minds, an all-nations creative writing program at the Saskatoon Correctional Centre

Why: "To build bridges and connect people across differences."

Poetry can't break bars, but Dr. Nancy Van Styvendale, an assistant professor at the University of Saskatchewan, argues that it does break down barriers. In 2011, with the support of Diann Block, the First Nations and Métis co-ordinator at the Saskatoon Correctional Centre, Van Styvendale volunteered to co-ordinate and teach creative writing and literature classes to small groups of inmates. These eight-week, volunteer-driven courses provide participants with a certificate of completion from the University of Saskatchewan.

What has been the most rewarding part of your involvement?

"Within the larger context of the jail, there's the need to protect yourself and not let people in. What I love about



CONTRIBUTED

the program is that it creates a safe space where the men feel relatively confident sharing very personal things about their lives and struggles. And the other members of the class respect that and encourage their fellow classmates.

How has the program affected the participants personally?

Some of the men have experienced racism and were disenfranchised at school. So to provide an educational space that is positive, that makes people feel good about learning is super important. A lot of the men are interested in the certificate of completion, because they can use it when they are going on a job interview. It's a big deal for someone who doesn't have educational credentials.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

Canadian Screen Awards

Orphan Black and Call Me Fitz multi-award winners

The Nova Scotia-shot comedy series *Call Me Fitz*, about a morally bankrupt used-car salesman, was among the big winners at Sunday night's Canadian Screen Awards, taking home three awards during the TV broadcast.

Show star Jason Priestley won for best actor in a comedy series, while co-star Tracy Dawson won for best actress. The series also took home honours for best comedy series.

Space's sci-fi series *Orphan Black* received two wins, with show star Tatiana Maslany winning best actress in a dramatic role. Last year Maslany, a Regina native, was also nominated for a Golden Globe for her work on the series. *Orphan Black* also won for best dramatic series.

Orphan Black entered last night's Canadian Screen Awards having already won a leading eight trophies. The serial took the lead among television nominees at an industry gala where awards were bestowed on supporting actor Jordan Gavaris, supporting actress Maria Doyle Kennedy and guest performer Natalie Lisinska.

Among the other TV winners last night were Hugh Dillon for best dramatic actor in *Flashpoint*, Lisa LaFlamme for best news anchor, and Rick Roberts and Sook-Yin Lee for their performances as Jack Layton and Olivia Chow in the miniseries *Jack*.

Canadian Screen Awards were also handed out Sunday night for films, with Denis Villeneuve's *Enemy* winning five honours, including editing, original score and cinematography. Villeneuve was awarded best director for his work on the film, while Sarah Gadon won a supporting actress honour for her role.

Best motion picture went to *Gabrielle*, the French-language film about a young woman with Williams syndrome who falls in love after joining a choir of developmentally disabled adults. *Gabrielle* Marion-Rivard won the best actress award for her performance.

METRO, WITH FILES FROM THE CANADIAN PRESS

For a full list of Canadian Screen Award winners, visit metronews.ca.

Juicy J's hustle continues

Never Sober. Busy rapper kicking it on tour, working on next album as collaborations climb Billboard chart

EMILY LAURENCE
Metro World News

If there's anyone who deserves to do a little partying, it's Juicy J. His collaboration with Katy Perry, *Dark Horse*, is everywhere, including the top of the Billboard Hot 100 chart, and his new single, *Talkin' Bout*, with Chris Brown and Wiz Khalifa, is quickly creeping up too. We talk with the rapper about getting tipsy (count the number of times he says *Ciroc*) on his *Never Sober* tour.

Right now, you're in the studio working on your next album, *The Hustle Continues*. What can people expect?

It's about going from the 'hood to where I am now. I've been in the music game for over 20 years and won an Academy Award (in 2006 for *It's Hard Out Here for a Pimp* from *Hustle & Flow*). I still live a party and kicking-it life. I'm having a lot of fun right now, but I'm still working too.

***Dark Horse* is obviously killing it right now. What was it like working with Katy Perry?**

Katy Perry is a genius. She works hard just like me. Katy is in the studio every day and working with her was great. There were no problems at all.

How did that collaboration compare with working with Miley Cyrus on *23*?

Both of them work really hard. Miley's a genius too.



Juicy J: "I hustled all the way to the top and I'm partying my ass off right now. But I work hard too." MUSASHI ONO

She has a great voice. They're both very professional women.

After *23* came out, there were all these rumours that Miley was pregnant with your baby.

That was just funny. People are always going to spread rumours online that aren't true. Miley's like my little sister, man!

This is the *Never Sober* tour. What's your signature drink?

Right now, we have lots of *Ciroc* Vodka on the bus and some *Hennessy* and a couple bottles of champagne. If someone's coming to a Juicy J show, they would definitely drink some *Ciroc*. But don't drive. Let somebody drop you off or catch a limousine or something. You can drink some *Ciroc* or down some

gin and then have somebody drop you off. Or you can take Uber. I tried it and it's great.

If your life was a video game, what would it be like?

It would definitely be a hustle. You'd have to hustle your way to the top and then you party your ass off. That's what I did. I hustled all the way to the top and I'm partying my ass off right now. But I work hard too. We might be drinking some *Ciroc* on the tour bus, but I have a studio set up in there. I'm actually about to go make some beats right now.

You collaborated with Chris Brown and Wiz Khalifa for your new single, *Talkin' Bout*. What are they like to hang out with?

We're super cool. They're great guys. When we hang out, we

just like kicking it, popping bottles and enjoying life.

What would people be surprised to learn about you?

I manage myself. I'm very hands-on and am in all the meetings, on all the emails and do my own taxes. I have people who work for me, but I'm the head guy in charge and I run the show. I've been doing it my whole life.

When I was 13 years old, my mama was a librarian and I told her to check me out all the music books. I read 10 or 15 books because I wanted to know everything about the music business. A lot of artists just want to make music, get groupies and spend all the money, but that isn't what you're supposed to do. It's called the music business and it's a business at the end of the day.

Top Chef Canada a pressure cooker

Top Chef Canada is heating up as a battle of the sexes.

Season 4, which launches Monday on Food Network Canada, features an even number of female and male chefs battling it out for the first time in the show's history.

The silent treatment is the order of the day in the first episode in which the chefs, who have never met, are paired up to create a dish together, without speaking. The winners gain immunity in the next challenge, in which a men's team faces a women's team over a five-course meal.

In signing on to do the show

Cooked up charges

"They're in chef prison for seven weeks."

Head judge Mark McEwan describes the intense pressure on the contestants.

and vie for \$100,000 and other prizes, the 14 chefs, who hail from across the country, are sequestered in what head judge chef Mark McEwan calls "chef prison." He said it was startling to see what being in that pressure cooker will do to people.

"I think we saw things this year that we never saw before: behaviours and emotion and

people really hitting the wall in a hard way. It was a tough season," McEwan said in a phone interview.

"We sort of looked at each other a number of times and said, 'Did that actually just happen? That actually happened.' We were very surprised by a number of things this season."

THE CANADIAN PRESS

Season 4

Top Chef Canada airs Mondays at 9 p.m. ET/10 p.m. PT on Food Network Canada.



Head judge Mark McEwan
FOOD NETWORK

2 SCENE

Ebooks



Mother Nature Is Trying to Kill You

By: Dan Risken

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Zebras don't throw their friends under a bus, they throw them under a lion. Daily Planet's Dan Risken tears apart misconceptions about how benevolent and harmonious a natural lifestyle can be with this fascinating tour of animal politics, sexual savagery and brutal betrayal. Keeping things light, he uses the e-book's interactive footnotes to link in cool facts as witty asides.

The Nature of Things.

New doc series went to great lengths to capture the country at its most beautiful

Two Vancouver filmmakers behind BBC's Planet Earth have brought their focus home for Wild Canada, an upcoming documentary series that captures the rugged beauty of the country. Humpback whales, ice-capped mountainscapes and British Columbia's white-cloaked spirit bears will all appear in the series, set to premiere on CBC's The Nature of Things on March 13.

More than 500 hours of footage from Newfoundland to the Arctic Circle were distilled into four episodes of sweeping panoramas and close-ups. In one scene, a grizzly bear shakes off silvery droplets of snow, all of which can be seen in extreme detail thanks to the 10,000-frames-per-second camera used.

"I think we are really going to fill Canadians with wonder-



The Wild Canada series used a 10,000-frames-per-second camera to get close-ups such as this one of a grizzly bear. WILD CANADA

ment at the beauty, diversity and majesty that the Canadian landscape has to offer," said Mark Starowicz, CBC's executive director of documentary programming.

Wild Canada is the handiwork of adventure filmmakers Jeff and Sue Turner, who produced and directed the film.

The couple is renowned for nature documentaries, having shot film for BBC's Planet Earth and Frozen Planet series. "The scope of the project was the biggest thing we have ever done," said Jeff Turner.

RED Epic cameras — the same equipment used to film The Hobbit — allowed the crew

to shoot the series in extremely high definition. For remote locations, drone helicopters equipped with tiny cameras were manoeuvred from the sky. "Those cameras are all about capturing nature at its most beautiful, like it actually is. We were able to show it in a more realistic way," Turner said. The

Raising a personal bar

"The scope of the project was the biggest thing we have ever done."

Jeff Turner, adventure filmmaker

crew of about 20 traversed Canada during the two-year filming period. Turner said that one of the highlights was shooting the never-before-filmed landscape of northeastern Ellesmere Island. To get there, they piggy-backed on a vessel with government scientists.

"We wanted to try to show the remote Canadian Arctic as it might have existed thousands of years ago. That's one corner of the world where you can still see that," he said.

The imagery will be split into four episodes, each zeroing in on one region: the East and West Coasts, the Prairies and the North. David Suzuki narrates the story, which explores how humankind has changed the face of Canada's landscape since the end of the ice age.

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Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

'Princess' Paltrow's past comes back to haunt her

Poor Gwyneth Paltrow. As if it weren't enough to have her opinions and actions as an adult criticized, now former middle school classmates are saying that she's always been difficult. "Gwyneth always seemed like she thought she was better than the rest of us," a former classmate tells Radar Online. "She was in a play where she had the princess role and she told another girl in school that 'of course' she was playing that role because she was a princess and

the other girl was not and that's why she didn't get the role. No one was surprised. She was so smug, even back then." And that old reputation is apparently still haunting her now that she and her family live in L.A. again: "A group of women that didn't get along with Gwyneth back in the day want nothing to do with her now," the source explains. "They still live in L.A. and have no interest in hanging out with her or being friends at all."

Is Robin missing his wife or enjoying single life?

It looks like all of Robin Thicke's yearnings for a reconciliation with estranged wife Paula Patton — which he's made a regular part of his concerts on his current tour — might just be for show. The Blurred Lines singer has seemed contrite and lovesick on-stage, but



Robin Thicke

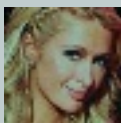
off-stage he's reportedly been having a great time and visiting strip clubs, according to Radar Online. And at his most recent tour stop he was spotted without his wedding ring.

Twitter



@pattonoswalt

So, starting at 2am we set our calendars to Christmas except it's "summertime Halloween" Christmas with still some snow?



@ParisHilton

What's the best beach in the Philippines?



@mindykaling

Austin is full of bats and cold rain so far



Selena continues to Belieb Justin is the one for her



Selena Gomez

It looks like Selena Gomez can't quite quit Justin Bieber no matter how much trouble he encounters. The former Disney star is fuelling speculation that she and Bieber are back together after being spotted by fans having breakfast together in McAllen, Texas, late Friday morning, according to Valley Central. Gomez was in the area for a performance the following night at Border-Fest, and Bieber apparently flew in to join her after giving a deposition in Miami in a lawsuit brought against him by a photographer.

Neeson's Bond with late wife was worth more than playing the man himself

Liam Neeson's career could have gone very differently if it weren't for late wife Natasha Richardson, the Taken star reveals. Neeson tells the Hull Daily Mail that he was offered the role of James Bond early in his career, but then-fiancée Richardson wasn't having it. "I was heavily courted, let's put it that way, and I'm sure some other actors were too," Neeson says. "It was about 18 or 19 years ago and my wife-to-be said, 'If you play James Bond we're not getting married.' And I had to take that on board, because I did want to marry her." The 007 franchise went with Pierce Brosnan instead, and Neeson and Richardson tied the knot in 1994.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hats a lot of loot for Pharrell's Grammy head gear



STARGAZING
Malene Arpe
scene@metronews.ca

Arby's bought Pharrell's Grammy hat in a charity auction for \$44,100 US. Wendy's is still trying to buy Julianne Moore's hair.

Olympic ice dancing gold medal winners Meryl Davis and Charlie White will be competing on Dancing with the Stars. That's really too bad for you, Canadian contestant Sean Avery.

This week in wooing:



1) Robin Thicke is waging a public campaign to win back wife Paula Patton by singing songs about her. 2) Justin Bieber is Instagramming pictures of ex Selena Gomez with the caption "most elegant princess in the world." 3) John Travolta is still trying to get Adele Dazeem to call him.

A tattoo artist who visited Charlie Sheen's hotel room

over Christmas says that a Vicodin-popping Charlie punched a hole in the wall, signed his name under the hole and then took off his shorts and set them on fire before offering the visitor \$10,000 US for a kiss. "See," says Justin Bieber to his team, "we still have a really long way to go until we are where we want to be."

Katie Holmes has closed her five-year-old fashion line. There was no reason for her to pretend she has to leave the house to make clothes now that she can come and go as she wants.

Bobby Brown says he didn't know his daughter Bobbi Kristina got married. In his defence, he also doesn't know where he lives, what his favourite food is or if he still has a prerogative.



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3
LIFE

Magic jars ease money jam

Control. Putting a lid on variable expenses is a simple yet effective way to manage money



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

One of the biggest surprises to come out of Til Debt Do Us Part was the number of people who put themselves on The Magic Jars as a way of managing their money. Determined to do something differently, they saw the jars as a way of taking control of their money. Some people, however, seem to have difficulty figuring out where the money for the jars comes from. It's as if they think this is extra money, not money they would have been spending all along.

The money that goes into the jars is the money that you would have been spending on things like gas, food, clothes, entertainment and medical costs — all your variable expenses. It's not extra money.

While the jars make the whole money management thing very concrete, the place to start changing your money management is not with the jars. It's with a balanced budget. You can't actually make the jars work for you if you don't start by making a budget that balances.

Head of over to my website at gailvazoxlade.com and find



Money jars provide a clear view of how to live within your means. ISTOCK

the Interactive Budget and the instructions, Gail's Guide to Building a Budget. Follow the instructions and make a budget that balances. You can't have a negative number at the bottom. The budget has to balance.

If you can't make it balance, either your expenses are too high or your income is too low. Start by cutting out everything that isn't essential to keeping body and soul together.

Cable, cell phone and telephone bills are one place to look. Turn down your thermostat and put on a sweater to save on heating costs. Get rid of a car you simply can't afford to keep. If that's not

enough, then you're going to have to find a way to make more money.

OK, now we come to the jars. The Interactive Budget Worksheet will tell you how much should be going into each of the jars. This money is your variable spending. Assuming you've balanced your budget, you now know how much to pull from your bank account each week for the jars. If you're deeply in debt and must commit a significant portion of your income to debt repayment, some jars, like "clothing and gifts" may remain empty until you're back in the black.

All the rest of your money stays in your bank account to

be used to pay your bills. Your mortgage or rent is a fixed expense. Ditto your car payment, insurance, childcare.

Two more things: First, if you can't figure out how much you should be putting toward debt repayment, use the Own Up to Your Debt Worksheet on the website as a quick way to determine how much should be going toward your debt repayment. If your hole is deep, you may have to allocate 30, 35 or 40 per cent of your income to debt repayment; whatever it takes to get you out of the red within three years or less. If it looks like it's going to take longer, or your debt repayments are throwing your budget off kil-

ter, your only option will be to make more money.

Second, you can't sacrifice savings in the name of paying your debt off faster. Sorry, that's cheating. You have to set aside a little sumthin' sumthin' each month for emergency and retirement savings so that you're working with a balanced plan.

I know there are those who believe you should pay off all your debt before you start to save. I don't agree. If you don't start the habit of long-term savings today, you may not ever start. Ever heard of inertia? That's the thing that keeps a body that's at rest, at rest until something acts upon it. It also keeps a body in motion, in motion. If you aren't saving today, you're a body at rest.

Lots of people all over the world are using the jars. I'm really surprised that such a simple and really old idea has caught on in such a big way. Perhaps it's because the jars really work. I haven't given them to a single family that hasn't had money left in the jars at the end of my time with them, despite my having dramatically cut their budgets.

Determination is a big part of success. If you're at all wishy-washy about what it'll take to get you out of debt and live within your means, if you just can't work up the guts to do things differently, it won't be the jars that failed.

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Tax

Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

U.S. Citizens Need To File With The IRS And Employment Expenses Are Probably Not A Tax Break

Q

I use my phone for work? Can I claim a portion of my bills?

A

Probably not. It usually has to be part of your employment contract before you can claim it. And your employer has to give you a signed T2200 Form in order to claim employment expenses like cell phones. But if you have a

T4, you should be able to claim the Canada Employment Amount, which is about \$168 in tax savings. This credit was meant to help with some of the costs of having a job, like parking, dry cleaning and cell phones.

Q

I was born in the U.S. but my parents moved to Canada when I was 5. Do I have to file a U.S. return?

A

It depends on your income but the answer is probably yes. Unless you formally renounce your U.S. citizenship, the IRS expects U.S. citizens to file a tax return if you earn over a certain amount.

Don't worry, the U.S. Canada Tax Treaty means you won't pay double the tax, but you need to file a return. And if you have assets of more than \$10,000 at any point during the year, you need to file a Financial Bank Account Report with the Treasury Department by June 30 or face penalties.

Visit hrblock.ca for a location near you

There's not a dry eye in the house when this meat loaf performs for supper



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Meatloaf has always been a classic family favourite. It's about time we add some pizzazz to this traditional dish.

Using ground chicken or turkey is a leaner way to go. Four ounces of ground chicken have only 108 calories and one gram of fat compared to regular ground beef, with its 310 calories and 20 grams of fat!

I take the ground chicken mixture and layer it, using roasted red peppers, sun-dried tomatoes and Monterey Jack cheese. This not only adds flavour but is also beautiful when sliced.

For a variation, you can try making mini meat loaves by using either a muffin cup mould or mini loaf pan. Divide mixture into 12 servings.

The key to cooking poultry is to be sure it's always baked

Ingredients

- 1 1/2 lb ground chicken
- 1/2 cup seasoned dry bread crumbs
- 1 1/2 tsp finely chopped garlic
- 1 large egg
- 1/4 cup finely chopped yellow onion
- 1/4 cup ketchup
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 1/3 cup finely diced green onions
- 2 oz roasted red pepper, chopped
- 1/4 cup diced rehydrated sun-dried tomatoes
- 1/2 cup shredded Monterey Jack cheese or white aged cheddar
- 2 tbsp grated Parmesan cheese

thoroughly, reaching an internal temperature of 165 F. I like to use the digital instant thermometer probe. Just pre-set it to 165 F and insert into the middle of the loaf until temperature is met.

You can buy roasted red bell peppers in water packed in a jar or roast a small red pepper cut into quarters in a 425-F oven for 15 minutes or just



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

until the skin blisters. Remove the skin and chop.

Directions

1. Preheat the oven to 425 F.
2. In a bowl, combine the ground chicken, bread crumbs,

garlic, egg, onion, ketchup, dried basil and salt and pepper until well mixed.

3. Pat half the chicken mixture into the prepared loaf pan. Sprinkle with the green onions, red pepper and sun-

dried tomatoes.

4. Mix the Monterey Jack and Parmesan cheeses and add all but 2 tbsp of the cheese mixture to the loaf. Pat the remaining chicken mixture over the filling.

5. Bake for 20 minutes or until the interior temperature reaches 165 F. Sprinkle with the remaining cheese and bake for 2 minutes or until the cheese melts. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving

- **Calories.** 280
- **Carbohydrates.** 13 g
- **Fibre.** 1.8 g
- **Protein.** 22 g

- **Total fat.** 14.3 g
- **Saturated fat.** 4.9 g
- **Cholesterol.** 130 mg
- **Sodium.** 420 mg



This recipe serves four. ROSE REISMAN

2 in 1: Tomato Soup with Grilled Cheese

A classic combination is tomato soup alongside a grilled cheese sandwich. I have taken it one step further and combined small squares of grilled cheese as a garnish for the soup.

Fresh plum tomatoes are a tastier option than canned tomatoes. And the soup is rich and creamy without any butter or cream.

Tomatoes contain a beneficial antioxidant called lycopene which may lower the risk of heart disease, macular degeneration, bad cholesterol and certain cancers such as prostate,

lung and stomach.

1. In a nonstick saucepan sprayed with cooking spray,

Ingredients

- 2 tsp vegetable oil
- 3/4 cup chopped sweet onions
- 1-1/2 tsp minced garlic
- 4 cups chopped plum tomatoes
- 1 cup low sodium chicken stock
- 1-1/2 tbsp tomato paste
- 2 tsp granulated sugar

heat oil over medium heat; cook onions and garlic for 3 minutes. Stir in plum tomatoes, stock, tomato paste, sugar, salt,

- 1/4 tsp each: salt and freshly ground black pepper
- 1/4 cup chopped fresh basil, as garnish
- Grilled Cheese**
- 2 oz aged cheddar cheese sliced thinly
- 2 slices brown bread

and pepper. Bring to a boil. Reduce heat to simmer; cover and cook for 15 minutes.

2. In batches, purée soup in a blender or food processor. Garnish with basil.

3. Place cheese on bread to make a sandwich. Spray both sides of bread with cooking spray and sauté in hot skillet for 2 minutes per side just until cheese melts. Cut sandwich into 8 squares and garnish each soup with two squares.

ROSE REISMAN

No, you don't have an app for that

Don't quit your day job. Developer warns that odds of creating the next Flappy Bird are likely no better than winning the lottery

Convinced you've got a brilliant app idea that would surely make you rich if you could just learn to code?

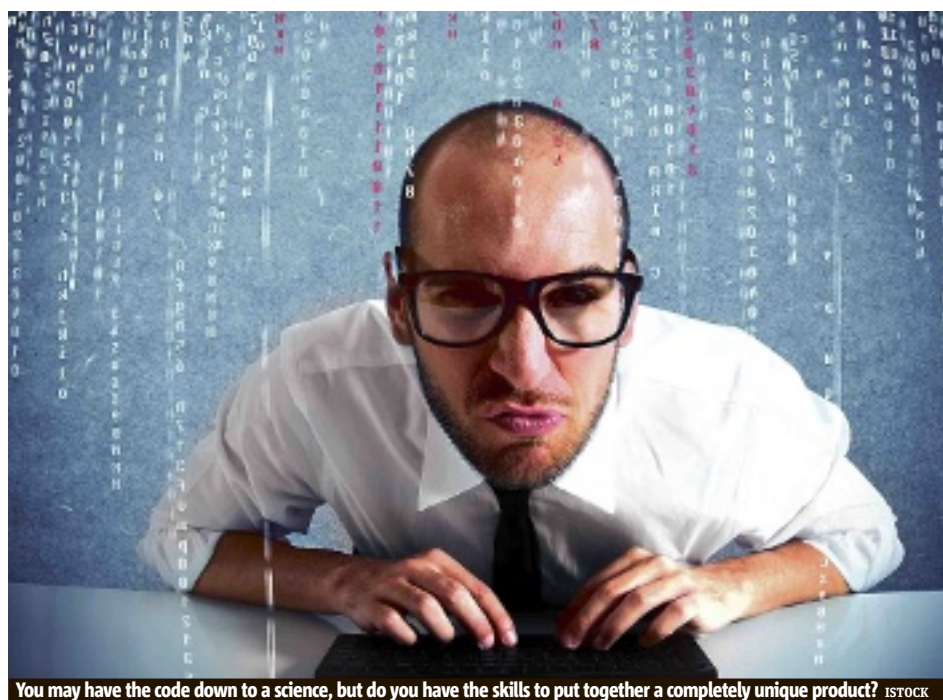
Think again before quitting your day job, warns Matt Coombe, co-founder of the Toronto-based app development company Get Set Games.

While he in no way discourages aspiring app makers from getting into coding, he warns it's getting harder and harder to get noticed in Apple's crowded App Store and the Google Play marketplace for Android apps.

"I think the gold rush is over," Coombe says during an interview at the company's downtown loft-style office space, which features trendy reclaimed wood furniture and the requisite well-stocked staff kitchen.

"In the early days, it was basically, if you could make a decent app and get it out on the App Store, you had a very good chance for success. You wouldn't necessarily become a millionaire overnight but you could make a decent salary for yourself.

"I think those days are over because there's so much



You may have the code down to a science, but do you have the skills to put together a completely unique product? ISTOCK

quality out there. There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Get Set Games' Mega Jump 2, for example, is a so-called freemium game, which means it's free to download but users can opt to pay for some additions that make playing a little easier.

The original Mega Jump wasn't free when it first launched but Coombe says the development team eventually

decided that adopting the freemium strategy was the best way to go.

Too many users had decided that even 99 cents was too

much to pay for an app. Now Coombe hopes that maybe five per cent of the users who download his games will opt to pay for in-game purchases. For

Not-so-lengthy life spans

Matt Coombe knows firsthand that even if an app can stand out from the crowd and become a hit, maintaining a top chart position is extremely difficult.

- Get Set Games first topped the charts in 2010 with its game Mega Jump and recently released a sequel, which also went to No. 1.
- Featured status by Apple helped push Mega Jump 2 to the top of the overall iPad app charts in both Canada and the U.S. within days of its release. It took overall top spot in 32 countries and in the arcade game category it ranked No. 1 in 100 countries.
- But within a couple of days the descent on the charts began and by week's end, it had dropped dozens of positions in Canada and the U.S.

a game that's massively popular, the revenue from those five out of every 100 users can add up.

"There are a couple of really great things about making free apps. One is you absolutely get to reach out to the most people possible with zero barrier to entry. Everyone is willing to give your game a try," Coombe says.

"That means your download numbers and people who get to know about your game and your brand are several orders of magnitude larger than a paid app. The second thing is, when you have a large user base and a lot of people playing your games, then you get to introduce those same people to your next games and your next games, which is obviously a fantastic way to market your whole (roster) of games."

But Coombe says he's starting to come around to the idea of releasing games with a price tag again, partially because it seems some consumers are getting sick of the freemium concept and being nagged into paying for upgrades.

"We're definitely a freemium-based company but that's not to say there aren't more and more reasons becoming apparent to start really thinking about potentially making a high quality paid app. I think we're starting to see ... people are starting to yearn a bit more for paid apps that are perhaps \$4.99 or \$9.99 because it's the game experience they want, they're willing to pay upfront to not be bothered with all that stuff," he says.

Coombe says it seems like a large proportion of people are willing to start paying money for apps if they feel they'll get value from it.

There's still another challenge Get Set Games faces in the App Store, which has more than a million titles to choose from.

Users who hear about Mega Jump 2 and try searching for it by name will find it's not the first search result, or the second. For some reason, games called Icy Tower 2 and Ninja Revinja appear first.

"It is disappointing when you have a specific game title — it's a No. 1 app, it's been downloaded millions of times — and when you type in the exact name it doesn't show up No. 1, that is surprising," Coombe says.

"It does point to issues of discoverability on the App Store. There are huge amounts of apps, huge amounts of games — some great, some not so great — and I think it's going to become more and more important, if it's not already exceptionally important, for players to be able to find the games they want faster and to allow good developers to be seen and not smothered by a lot of lower quality applications."

THE CANADIAN PRESS



The characters of Mega Jump
GET SET GAMES

Don't despair, just be aware

There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Matt Coombe
Co-founder of Get Set Games



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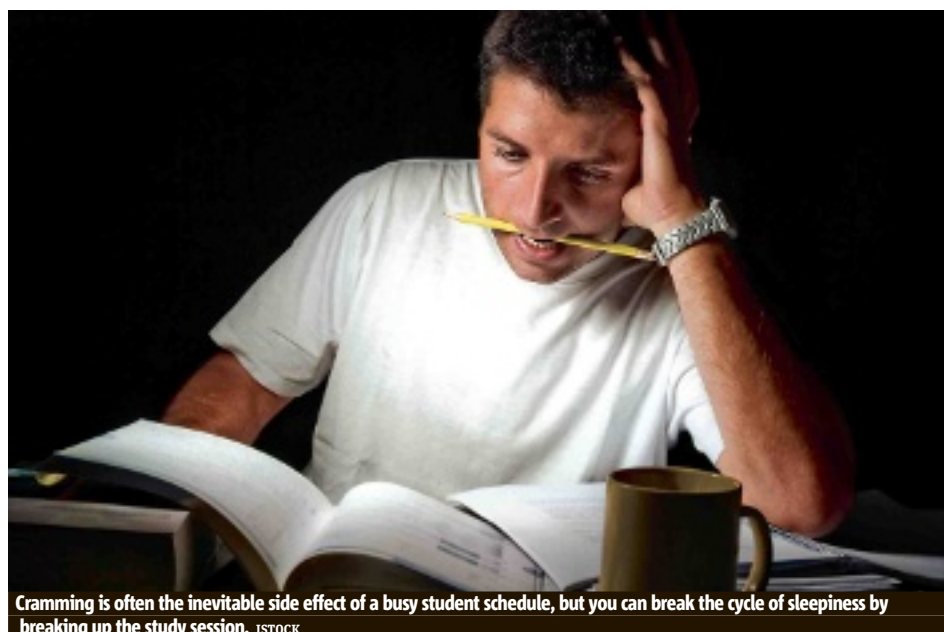


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A few need-to-knows for the future scholar



Cramming is often the inevitable side effect of a busy student schedule, but you can break the cycle of sleepiness by breaking up the study session. ISTOCK

They don't teach you this in school. Get started on planning your post-secondary path with a little pre-campus advice

LASSE
EMIL KRISTIANSEN
Metro World News

There's so much to figure out once you've got your foot in the post-secondary door. We talk to Blair Thornburgh, author of *Stuff Every College Student Should Know*, a survival guide that includes her best tips on getting through university without using all your money on textbooks, how to pull an all-nighter, and more.

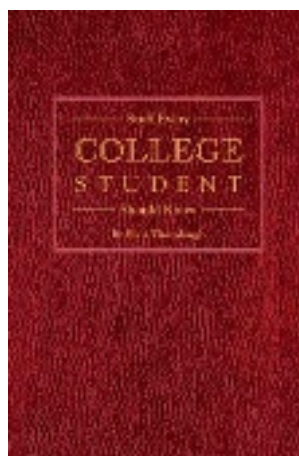
Taking notes

"Pay attention to anything that's written on the board. The teacher is not going to put something on the board that doesn't matter. It's also important to write down any questions that might come up in a discussion.

"It could be something you will think about when you're reading. Write down all dates and formulas. These things are easy to forget, so put them on paper so you have a record of it."

The almighty all-nighter

"It's tempting to think that you can drink six Red Bulls, and then write your paper, but that will probably just



Chalk it up to this...

"The teacher is not going to put something on the board that doesn't matter."

Blair Thornburgh
Author of *Stuff Every College Student Should Know*

give you a heart attack. Keep a monitor on your caffeine and drink water instead.

"It helps you stay awake better, because you're hydrated and when you have to go to the bathroom all the time you will not fall asleep. I also find it helpful to breaking the time down. It can be terrifying to think about writing 12 pages in six hours. You should just think about working 45 minutes straight and then write a page and a half in that time. If you break it down into smaller chunks you'll feel

like it's more manageable."

Money saver

"Don't buy the books new from the campus bookstore. They're just going to rip you off. The books can be pretty easy to find online if you have the ISBN.

"Make sure you look around also on foreign sites. Then you can also sell the books when you're done with them. If it's a big textbook you're doing for a huge class and you have a study group you can split the book. You can also make an arrangement with someone you know is going to take the class next semester."

Getting along

"So much of college is social and a lot of people need to get away from that sometimes. And if you don't feel like you can go to your room, it's going to be very stressful.

"It's a good idea not to assume that you're going to be your roommates' best friend. A lot of people think that because you really want to make friends. Even if you live with someone who was your friend before that you might not get along. It's really important to talk, so you don't build up a weird resentment. Then you're more likely to explode.

"Plan out what you want to say before you bring out an issue. That will make it easier. If it's really bad, you should get help from your residential staff because that's why these people are here."

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Skiers score pair of medals in Sochi



Sochi Paralympics.

Success on slopes carries over to the rink, as the sledge hockey team moves to 2-0

Canada won two medals on the slopes and the sledge hockey team continued to roll Sunday at the Sochi Winter Paralympic Games.

Visually impaired skier Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., won their second bronze medal in as many days, finishing third in the super-G. The pair finished with a time of one minute 20.77 seconds.

Teammate Caleb Brousseau of Terrace, B.C., took bronze in the super-G men's sitting division, winning his first career Paralympic medal. Brousseau put down a time of 1:22.05.

In sledge hockey, Adam Dixon scored twice and Dominic Larocque added a goal and an assist Sunday as Canada de-

feated Norway 4-0.

Anthony Gale and Kevin Rempel added two assists, while Corbin Watson had to make just six saves to get the shutout as Canada improved to 2-0.

Larocque scored on the power play 4:20 into the second period to snap a scoreless tie. It was his third of the tournament after picking up two goals in Canada's 10-1 victory over Sweden on Saturday.

Dixon, who had two goals and two assists against Sweden, then made it 2-0 with 4:26 to go in the second before making it 3-0 at 1:07 of the third.

Marc Dorion then scored his first of the tournament with 21.8 seconds left in the game to round out the scoring.

Dixon and Gale both have six points after two games.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

Norway, which defeated Canada in the bronze-medal game at the 2010 Vancouver Paralympics, will meet Sweden the same day.

THE CANADIAN PRESS

Other results

- Calgary skier Kurt Oatway was ninth in the men's sitting division, and Kirk Schornstein of Spruce Grove, Alta., was 13th in the men's standing category.
- In para-Nordic skiing, Chris Klebl of Canmore, Alta., was the top Canadian, placing sixth in the men's 15-km sit-ski race.
- Saskatoon's Colette Bourgonje finished 13th in the women's 12-kilometre sit ski race.
- In wheelchair curling, Canada defeated Sweden 7-4 and now sits 3-0 in round-robin play.
- Sitting skier Josh Dueck of Kimberley, B.C., and standing skiers Matt Hallat of Coquitlam, B.C., and Braydon Luscombe of Duncan, B.C., did not finish their runs.

HNIC. Strombo to step into MacLean's shoes: Report

George Stroumbouloupoulos will reportedly be the next host of Hockey Night in Canada.

TSN's Bob McKenzie tweeted the host of CBC's George Stroumbouloupoulos. Tonight will become the face of the show when Rogers Communications Inc. takes control of Canada's NHL broadcasting rights next season.

McKenzie also reports the



George Stroumbouloupoulos
GETTY IMAGES FILE

Coach's Corner segment will continue another two years.

McKenzie says Ron MacLean will still be involved with a reduced role.

THE CANADIAN PRESS



Bronze medallists Mac Marcoux and his guide Robin Femy acknowledge the crowd after the men's visually impaired Super G final at Rosa Khutor Alpine Center on Sunday in Sochi. HANNAH PETERS/GETTY IMAGES

NHL

Panthers rolled over by Bruins

Torey Krug scored the go-ahead goal in the third period and the Boston Bruins won their season-high fifth straight with a 5-2 win over the Florida Panthers on Sunday.

Chris Kelly, Jarome Iginla, Patrice Bergeron and Andrej Meszaros also scored for Boston.

THE ASSOCIATED PRESS

Spring training

Dickey strong in Jays loss to Astros

R.A. Dickey pitched five shutout innings Sunday before the Houston Astros came back to beat the Toronto Blue Jays 4-3 in an exhibition game.

Dickey threw 82 pitches in five innings in his third spring start, giving up four hits and a walk while striking out four. THE ASSOCIATED PRESS

Not pulling any punches



"A couple things need to change if I come back....

Whoever wins, I don't care. I just watch it as a fan."

Georges St-Pierre, the former UFC welterweight champion who is on hiatus from fighting, gives a slight edge to Johnny (Bigg Rigg) Hendricks over (Ruthless) Robbie Lawler in the championship match for the vacant title at UFC 171 on Saturday.

Horoscopes

Aries

March 21 - April 20

The planets are encouraging you to break out of a rut and live closer to the edge for a while. Security is all well but an Aries needs excitement too, so do something out of the ordinary this week.

Taurus

April 21 - May 21

Speak your mind today. If certain people don't like it that's just too bad — in fact it's a good sign. Jupiter in the communications area of your chart indicates your words will have the desired effect.

Gemini

May 22 - June 21

Challenges keep coming, and you keep dealing with them in your own way. There are few things that faze you and what life chooses to throw at you over the next seven days, you will handle it with ease.

Cancer

June 22 - July 23

You will be at your best this week. Jupiter in your sign makes all things possible and, more importantly, makes you believe all things are possible. If you possess self-belief, there is nothing you can't accomplish.

Leo

July 24 - Aug. 23

Try not to commit yourself to anything that can't be changed at a moment's notice. The planets are unsettled, so be prepared to drop what you are working on and start something new and exciting.

Virgo

Aug. 24 - Sept. 23

No matter what problems you face over the next few days, you'll be able to deal with them. Get them out of the way quicker by asking for help.

Libra

Sept. 24 - Oct. 23

You will make an impression over the next seven days but will it be of the right sort? That depends on how well you get along with the people you work with and for. Be confident but not arrogant.

Scorpio

Oct. 24 - Nov. 22

You won't have to work hard to get what you want this week. With both Sun and Jupiter on your side, others will happily provide you with whatever it is that is good for you.

Sagittarius

Nov. 23 - Dec. 21

Doors that have been closed to you in the past will start to open over the next few days but for some reason you may decide not to walk through. Even if you cannot explain your reluctance, listen to what your inner voice tells you.

Capricorn

Dec. 22 - Jan. 20

Don't get carried away with your success. The current cosmic picture makes most things possible for you but that does not mean you should try to do everything.

Aquarius

Jan. 21 - Feb. 19

You may have to force yourself to be enthusiastic about what has to be done today but it will be worth the effort. By midweek, everyone will be patting you on the back.

Pisces

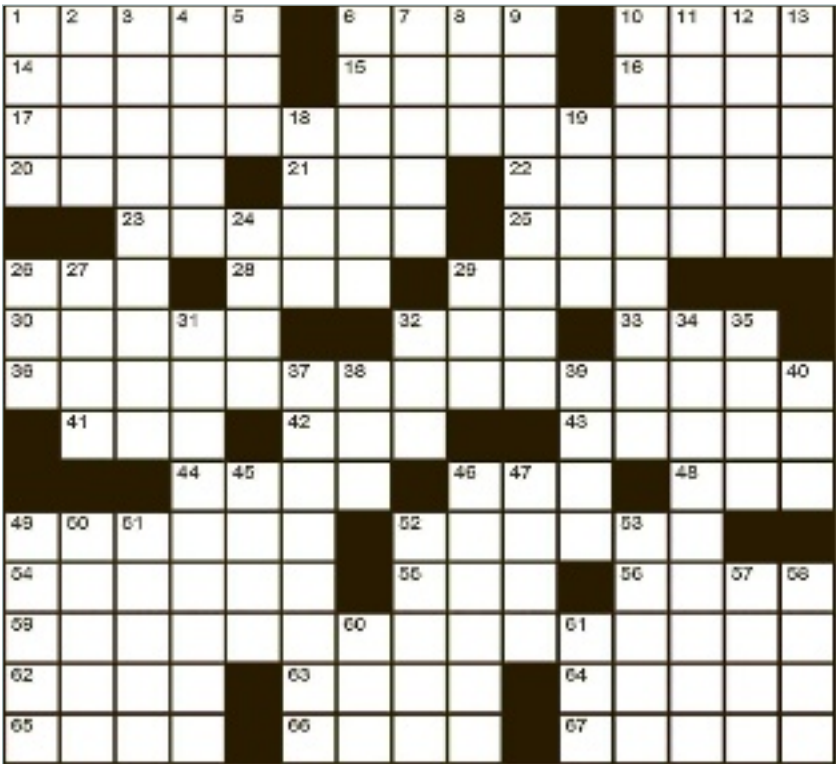
Feb. 20 - March 20

Is what you are doing with your life what you want to be doing? If not, think about what changes you can make to bring your reality in line with your dreams. Jupiter makes all things possible. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Kootenays village in British Columbia
- Phone
- Li'l Abner cartoonist Al
- Consuming-food person
- Amazon Rain-forest berry
- Ancient concert sites
- Neurologist who, in 1992, became the first Canadian female astronaut in space: 3 wds.
- Traverse
- Baseball stat.
- Tempt
- Manitoba town north of Winnipeg
- Poured
- Scottish "Gee!"
- Eggs-layer
- Ms. Arden
- Body
- Tone-__ (Rap star)
- Martian's maneuver-ee, minutely
- Colgate containers: 2 wds.
- Caustic solution
- Free
- "Oh My Darling, Clementine" part: "...excavating for ___."
- "___ Dead II" (1987)
- Ad ___ committee
- ISP, e.g.
- ___ and onions (Frying pan partners)
- Reality star Heidi
- Highest orbital



point

- Mineral kind
- Carrie Fisher's Princess
- Great song by Canadian folk duo Ian & Sylvia: 3 wds.
- Escape
- Swiss river, variantly
- Mr. Bruckner of

classical music

- Electronics company
- Grandpa's portrayer on "The Waltons", Will ___
- Painting surface

Down

- Shoe brand since 1916

50+ org. in The States

- Ontario municipality near London, ___-Caradoc
- Sierra's partner
- Sphere
- ___-14 dating
- Singin', Dancin' and what else?
- One of the Teletub-

bies, when doubled

- 'Mr. Showmanship' played by Michael Douglas
- Canadian Sci-Fi show on Showcase
- Contribute to the mix: 2 wds.
- Tranquility
- Did apple prep work

BY KELLY ANN BUCHANAN

- ___ Stanley Gardner (Detective novelist)
- ___ upswing: 2 wds.
- "I'm in trouble now!": 2 wds.
- Senators, on scoreboards
- Hip
- Scribble
- Metallic hue: 2 wds.
- Psychedelic drug
- "Open up! This is the..." sayers on TV: 2 wds.
- Vintner's prefix
- Store's info-for-purchasers item: 2 wds.
- Feel awful
- Diplomacy
- Salt, in Paris
- Contends
- Little Jack ___
- Blood type, ___
- Big fishing hooks
- ___ Anton Ohno
- Cathedral city in northern France
- MTM's second 'M'
- Skirt style
- Marriage ceremony exchanges: 2 wds.
- "It should come ___ surprise..."
- "Norma ___" (1979)
- Dog's tail movement

See today's answers at metronews.ca/answers.

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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